

STATIONS OF THE CROSS ACCORDING TO ST. ALPHONSUS LIGUORI

Opening Prayer:

Deacon: God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we gather to reflect on his suffering and death that we may learn from his example the way we should go. We ask this through that same Christ, our Lord.

All: Amen

The First Station: Pilate condemns Jesus to die



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

People: My adorable Jesus, / it was not Pilate; / no, it was my sins that condemned You to die. / I beseech You, by the merits of this sorrowful journey, / to assist my soul on its journey to eternity./ I love You, beloved Jesus; / I love You more than I love myself. / With all my heart I repent of ever having offended You. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

Through her heart, His sorrow sharing All His bitter anguish bearing Now at length the sword has passed

The Second Station: Jesus accepts His cross



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer. (*Kneel*)

People: My most beloved Jesus, / I embrace all the sufferings You have destined for me until death. / I beg You, by all You suffered in carrying Your cross, / to help me carry mine with Your perfect peace and resignation. / I love You, Jesus, my love; / I repent of ever having offended You. / Never let me separate myself from You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*O, how sad and sore depressed Was that Mother highly
blessed Of the sole Begotten One*

The Third Station: Jesus falls the first time



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider the first fall of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (*Kneel*)

People: My beloved Jesus, / it was not the weight of the cross / but the

weight of my sins which made You
suffer so much. / By the merits of this first fall, / save me from falling
into mortal sin. / I love You, O my
Jesus, with all my heart; / I am sorry that I have offended You. / May I
never offend You again. / Grant
that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Christ above in torment hangs She beneath beholds the pangs
of her dying, glorious Son*

The Fourth Station: Jesus meets His afflicted Mother



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have
redeemed the world. (*Rise*)

Deacon: Consider how the Son met his Mother on

His way to Calvary. Jesus and Mary gazed at each other and
their looks became as so many arrows to wound
those hearts which loved each other so tenderly (*Kneel*)

People: My most loving Jesus, / by the pain You suffered
in this meeting / grant me the grace of being truly
devoted to Your most holy Mother. / And You, my Queen,
who was over-whelmed with sorrow, / obtain
for me by Your prayers / a tender and a lasting
remembrance of the passion of Your divine Son. / I love
You, Jesus, my Love, above all things. / I repent of ever
having offended You. / Never allow me to offend
You again. / Grant that I may love You always; and then
do with me as You will.

Our Father, Hail Mary, Glory be

*Is there one who would not weep, 'whelmed in miseries so
deep Christ's dear Mother to behold.*

The Fifth Station: Simon helps carry the cross



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord. (*Kneel*)

People: My beloved Jesus / I will not refuse the cross as Simon did: / I accept it and embrace it. / I accept in particular the death that is destined for me / with all the pains that may accompany it. / I unite it to Your death / and I offer it to You. / You have died for love of me; / I will die for love of You and to please You. / Help me by Your grace. / I love You, Jesus, my Love; / I repent of ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Can the human heart refrain From partaking in her pain In that
Mother's pain untold?*

The Sixth Station: Veronica offers her veil to Jesus



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider the compassion of the holy woman, Veronica.

Seeing Jesus in such distress, His face bathed

in sweat and blood, she presented Him with her veil. Jesus

wiped His face, and left upon the cloth the

image of his sacred countenance. (*Kneel*)

People: My beloved Jesus, / Your face was beautiful before

You began this journey; / but, now, it no longer

appears beautiful / and is disfigured with wounds and blood. /

Alas, my soul also was once beautiful /
when it received Your grace in Baptism; / but I have since
disfigured it with my sins. / You alone, my
Redeemer, can restore it to its former beauty. / Do this by the merits
of Your passion; and then do with me as You will.

Our Father, Hail Mary, Glory be

Bruised, derided, cursed, defiled

She beheld her tender Child

All with bloody scourges rent

The Seventh Station: Jesus falls the second time



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider how the second fall of Jesus under His cross
renews the pain in all the wounds of the head

and members of our afflicted Lord. (*Kneel*)

People: My most gentle Jesus, / how many times You have forgiven me; /
and how many times I have fallen
again and begun again to offend You! / By the merits of this
second fall, / give me the grace to persevere
in Your love until death. / Grant, that in all my temptations,
I may always have recourse to You. / I love
You, Jesus, my Love with all my heart; / I am sorry that I have
offended You. / Never let me offend You
again. / Grant that I may love You always; and then
do with me as You will.

Our Father, Hail Mary, Glory be

*For the sins of His own nation Saw Him hang in desolation
Till His spirit forth He sent.*

The Eighth Station: Jesus speaks to the women



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, “Weep not so much for me, but rather for Your children.” (*Kneel*)

People: My Jesus, laden with sorrows, / I weep for the sins which I have committed against You /because of the punishment I deserve for them; / and, still more, because of the displeasure they have caused You / who have loved me with an infinite love. / It is Your love, more than the fear of hell, / which makes me weep for my sins. / My Jesus, I love You more than myself; / I am sorry that I have offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*O sweet Mother! Fount of Love, Touch my spirit from
above Make my heart with yours accord*

The Ninth Station: Jesus Falls the Third Time



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (*Kneel*)

People: My outraged Jesus, / by the weakness You suffered in going to Calvary, / give me enough strength to overcome all human respect / and all my evil passions which have led me

to despise Your friendship. / I love You, Jesus my Love, with all
my heart; / I am sorry for ever having offended You. / Never
permit me to offend You again. / Grant that I may love You
always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Make me feel as You have felt Make my soul to glow and melt
With the love of Christ, my Lord.*

The Tenth Station: Jesus is stripped of His garments



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them Have

pity for your Savior so cruelly treated and tell Him: (*Kneel*)

People: My innocent Jesus, / by the torment You suffered in being
stripped of Your garments, / help me to strip
myself of all attachment for the things of earth / that I may place all my
love in You who are so worthy of
my love. / I love You, O Jesus, with all my heart; / I am sorry for ever
having offended You. / Never let
me offend You again. / Grant that I may love You always; and then do
with me as You will.

Our Father, Hail Mary, Glory be

Holy Mother, pierce me through In my heart each wound renew

Of my Savior crucified

The Eleventh Station: Jesus is nailed to the cross



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world. (*Rise*)

Deacon: Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (*Kneel*)

People: My despised Jesus, / nail my heart to the cross / that it may always remain there to love You and never leave You again. / I love You more than myself; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

Let me share with you His pain, Who for all our sins was slain, Who for me in torments died.

The Twelfth Station: Jesus dies upon the cross



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

People: My dying Jesus, / I devoutly kiss the cross on which You would die for love of me. / I deserve, because of my sins, to die a terrible death; / but Your death is my hope. / By the merits of Your death, / give me the grace to die embracing Your feet and burning with love of You. / I yield my soul into Your hands. / I love You with my whole heart. / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Let me mingle tears with thee Mourning Him who mourned for me,
All the days that I may live.*

The Thirteenth Station: Jesus is taken down from the cross



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom (*Kneel*)

People: O Mother of Sorrows, / for the love of Your Son, / accept me as Your servant and pray to Him for me, / And You, my Redeemer, since you have died for me, / allow me to love You, / for I desire only You and

nothing more. / I love You, Jesus my Love, / and I am sorry that I have
offended You. / Never let me offend You again. / Grant that I may love You
always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*By the cross with you to stay There with you to weep and pray Is all I ask
of you to give.*

The Fourteenth Station: Jesus is placed in the sepulcher



Deacon: We adore You, O Christ, and we praise You. (*Genuflect*)

People: Because, by Your holy cross, You have redeemed the world.

(*Rise*)

Deacon: Consider how the disciples carried the body of Jesus to its burial, while
His holy Mother went with them and arranged it in the sepulcher with her own
hands. They then closed the tomb and all departed.

(*Kneel*)

People: Oh, my buried Jesus, / I kiss the stone that closes You in. / But
You gloriously did rise again on the third day. / I beg You by Your resurrection
that I may be raised gloriously on the last day, / to be united
with You in heaven, to praise You and love You forever. / I love You,
Jesus, and I repent of ever having offended You. / Grant that I may love You
always; and then do with me as You will.

Our Father, Hail Mary, Glory be

*Virgin of all virgins blest! Listen to my fond request: Let me
share your grief divine.*

Deacon: Lord Jesus Christ, your passion and death is the sacrifice that unites earth
and heaven and reconciles all people to you. May we who have faithfully reflected
on these mysteries follow in your steps and so come to share your glory in heaven
where you live and reign with the Father and the Holy Spirit one God, for ever and
ever.

All: Amen

Priest/Deacon: And may the blessing of almighty God,
the Father, and the Son, +, and the Holy Spirit,
come down on you and remain with you for ever.

All: Amen

